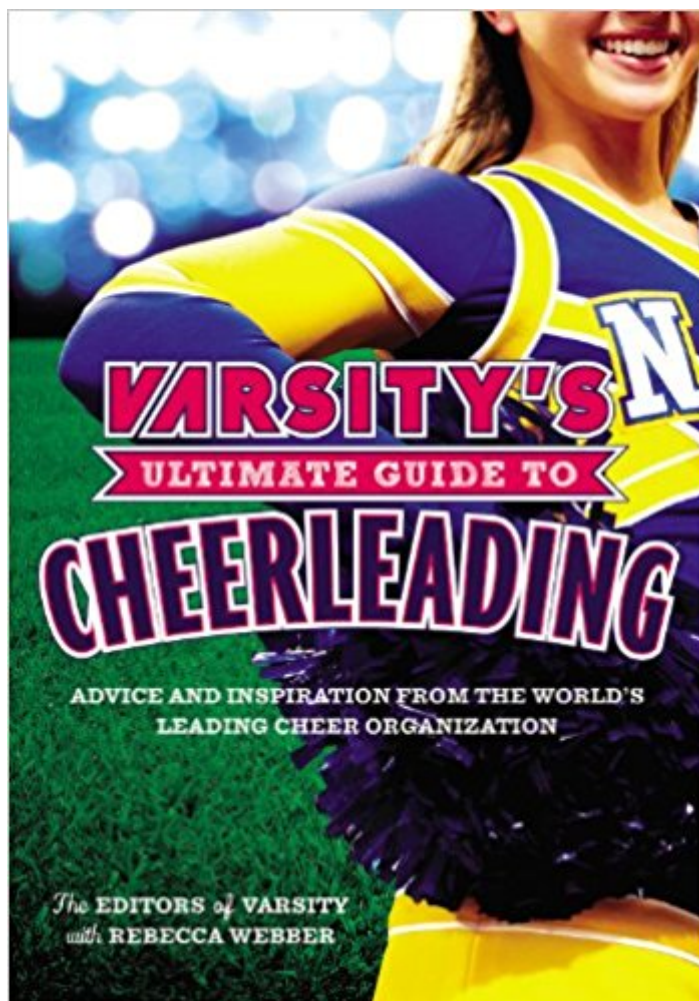


The book was found

Varsity's Ultimate Guide To Cheerleading



Synopsis

WE ARE VARSITY. WE ARE CHEERLEADING. We're the global leader in cheer camps, uniforms, competitions, and clinics. And now, for the first time ever, we're revealing everything you need to know about cheerleading in one photo-packed book:- Getting Ready for Tryouts - What Judges Look For - Step-by-Step Stunts - Guys on the Squad - What to Expect at Camp - Inspirational Squads - Makeup & Hairstyling Tips - Sideline Ideas - Upholding Traditions - Cheering for Good Get ready to become a cheer expert!

Book Information

Paperback: 160 pages

Publisher: Poppy (August 5, 2014)

Language: English

ISBN-10: 0316227285

ISBN-13: 978-0316227285

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,177,761 in Books (See Top 100 in Books) #32 in [Books > Teens > Personal Health > Fitness & Exercise](#) #175 in [Books > Teens > Sports & Outdoors](#)

Customer Reviews

With a rich heritage and traditions dating back to 1948, VARSITY is an innovative global leader that provides uniforms, competitions, camps, and education seminars to middle school, high school, and college-level cheer and spirit teams around the world.

I bought this book as a Christmas gift for a middle-school aged daughter of my cousin who recently got into cheer leading. She spend the rest of the evening with her head bent, leafing through the book. It includes tips on how to prepare for try-outs, what expectations are at the middle-school, high-school, and college level. There are stretches, exercises, tips on stunts, what to pack in your cheer bag. My cousin was a little alarmed when she saw the mention of hair and make-up, but was relieved to see the book specifically mention keeping things toned down, more natural. It was a hit.

very pleased with purchase would buy from you again

Ra ra ra sun ra

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